

Education Materials About Substance Use During Parenting, Pregnancy, and Breastfeeding

Revised March 2001

Web Sites

Texas WIC Nutrition Education Web Site

<http://www.tdh.state.tx.us/wichd/nut/edu-nut.htm>

TDH Office of Tobacco Prevention and Control

<http://www.tdh.state.tx.us/otpc/default.htm>

TDH Birth Defects Monitoring, Fetal Alcohol Syndrome

http://www.tdh.state.tx.us/tbdmd/other_documents.htm

Texas Commission on Alcohol and Drug Abuse

<http://www.tcada.state.tx.us/>

Group Lesson Plans

Unless noted otherwise, fax your order for these lessons on the Texas WIC Materials Order Form to Forms Coordinator at 512-458-7446.

BF-000-06 "Nutrition During Lactation" 1994, lesson explains cautions about caffeinated beverages, alcohol and drug use while breastfeeding.

HeartPower! Kit for Pre-K Children 1996 The American Heart Association 1-800-242-8721.

With activity lessons in separate English and Spanish Kits for children including:

CH-002-06 "AHA Heartpower! Tobacco" AND

CH-002-07 "AHA Heartpower! Heart Health"

Each kit contains Teacher Resource Book, Audiocassette with Sing-Along Music and Lyrics Booklet, Activity Cards, Posters, Big Book Big News, and 2 Stethoscopes and alcohol swabs for the eardrums so children can listen to their heartbeats before and after activities.

KC-002-23 "I Love You, Please Don't Smoke," Lesson Plan, p. 481- 497. 1997 Kid's Club Nutrition Learning Activities, Noteworthy Creations, Inc. PO Box 335, Delphi, IN 46923. Includes discovery and play activities, photo-ready copies of human lungs, love notes for a loved-one who smokes, or to thank a loved-one for not smoking. Lesson in English in the Kid's Club notebook; Spanish through Forms Coordinator.

MN-000-04 "Teen Pregnancy - Eating Right." with 1991 video English, Part I. *Your Pregnancy*, 22 minutes. Video shows difficulties adolescent parents face. Includes substance use issues such as smoking, and alcohol use during pregnancy. Borrow video from TDH Audiovisual Library, Video #5267 or purchase through Vida Health Communications, 1-617-864-4334.

MN-000-04 "Teen Pregnancy - Eat Right"

MN-000-05 "Teen Pregnancy - Weight Gain"

MN-000-06 "Teen Pregnancy - Discomforts"

The 12 minute, 1992 video in English, *Healthy Foods, Healthy Baby*, from the Philadelphia Department of Public Health. Can use with the three lessons listed above. Two pregnant teens learn about good nutrition, weight gain, discomforts of pregnancy and drug use during pregnancy.

MN-000-07 “A Healthy Pregnancy/Un embarazo saludable” lesson plan with 1996, 14 minute, video in English, Spanish, from AGC. Video follows different women through their pregnancies, explaining the developmental stages of the fetus and the emotional and physical effects to be expected. Healthy lifestyle choices such as regular exercise, cutting out alcohol and tobacco, and wise nutritional selections are suggested.

NR-000-03 “A Love Story for My Unborn Child/Una historia de amor para mi bebe que va a nacer” with 1989 slide show in video format, English, 8 minutes, Spanish, 10 minutes. Video shows babies and children exposed to substances in utero. Three segments show pregnant women talking about substance use and emphasize the good results from avoiding harmful substances. Lesson offers time for group problem solving.

NR-000-06 “Stop ASAP: Avoiding Substance Abuse During Pregnancy/Evite el abuso de drogas durante el embarazo” with 1994 video in English, 12 minutes, Spanish, 15 minutes, from AGC. Four women describe their experiences with drugs during pregnancy. They talk about their babies and what they learned. The video shows babies born addicted to drugs, cared for in neonatal intensive care units, and toddlers whose mothers used drugs during pregnancy.

NR-000-07 “Poisoning Your Children: Perils of Second-Hand Smoke” with 1993 English only, 12 minute video from The American Academy of Otolaryngology. Video features a medical correspondent for ABC News who shows the harmful effects of secondhand smoke on children, as reported by the EPA December 1992. The lesson plan includes strategies for asking smokers to smoke where others won’t be affected. English counterpart to Lesson Plan NR-00-08 “Mi bebé fumando?”

NR-000-08 “Mi bebé fumando?” with 1991, 22 minute, Spanish video from the California Department of Health Services for parents and parents-to-be. It is a telenovela about a pregnant woman who struggles with the effects of her husband’s smoking on her fetus, her two children and herself. Spanish counterpart to Lesson Plan NR-000-7 “Poisoning Our Children”.

NR-000-11 “Still Smoking? Lily Helps” with 1998 video in English, 12 minutes, and Spanish, 13 minutes from AGC for pregnant women and teens. It’s the story of Lily’s sister, Ana, who has smoked since she was a teenager. Now pregnant, she takes steps to quit smoking. The video details ways to quit smoking or help someone quit. Lesson plan includes discussion questions about health risks to the fetus when a pregnant woman smokes. Also provides handout listing many different activities to do instead of smoking.

Individual Counseling

TDH trained Nutrition and Breastfeeding Educators and Peer Counselors provide individual counseling. Pregnant and breastfeeding women can learn about the risks of using substances that pass into human milk. Educators can advise participants about minimizing the transfer of substances while breastfeeding. The WIC nutrition education website <http://www.tdh.state.tx.us/wichd/nut/edu-nut.htm> has links to materials helpful in individual counseling, including the Child Individual Counseling Guide with counseling topics, considerations and resources about fetal alcohol syndrome, Risk Code 382.

References for Research Articles on Demand

Order Through Texas WIC Program, Nutrition Education Section, 1-512-458-7111, ext. 3573 or 3409.

TDH Breastfeeding Journal Article Database, For Health care providers, legislators, health care educators, mothers. Provides references on available breastfeeding research and resources.

Other Materials from TDH

Videos

1999 *Using the HeartPower! Kit at WIC*

Staff Training Video

A 10 minute ,“how -to-use” video in English, showing The American Heart Association’s HeartPower! Kit in detail for use in the WIC clinic. Get ideas for teaching and scheduling classes, and how to motivate entire staff to market the HeartPower! lessons to children and their families.

1994 *Mara’s Breathtaking Story* From AGC

Nutrition Education

Video, 22 minutes, in English and Spanish, for teens, good for PEP classes or with teen only pregnancy and parenting classes. The story of a teenager whose friends and family smoke and how she makes her choice to stop smoking. Lesson plan in development.

Written Materials

“Photo-Talk about Tobacco: Look Who’s Getting Burned”, Two-sided, photo-story, English and Spanish separate for pregnant and parenting teens. Young women discuss the misleading advertising used by cigarette companies to convince women to buy cigarettes. The harm to babies is included in the discussion.

“10 Best Reasons Not To Smoke While You’re Pregnant”, Two-sided, easy-to-read, separate English and Spanish. Ten reasons including reducing the risks of sudden infant death syndrome, of cigarette chemicals in breastmilk, and secondhand smoke to unborn baby. Helpful quit tips offered at the end.

“Healthy Moms, Healthy Kids, Madres Sanas, Niños Sanos”, 5 X 5 inch, six-fold, easy-to-read booklet. English and Spanish in same booklet. As each page unfolds, a six-color picture on the left page represents the simple message printed on the right page in blue ink on a pink background. Pregnant and Parenting. Messages include maternal smoking can harm an unborn baby, children follow the example of the parent and it is ok to ask smokers to smoke somewhere else.

Staff Training Courses and Materials

For the following 3 courses register with Elaine Greiner at the Texas WIC Program, Division of Training 1-512-406-0744. The following courses and more are fully described on the web site for the Texas Breastfeeding Initiative at <http://www.tdh.state.tx.us/lactate/courses.htm>

TDH Intensive Course in Breastfeeding, Phases I & II TBI, HMHB Training

For nurses, nutritionists, midwives, child birth educators, social workers, doctors, peer counselors, WIC staff and breastfeeding mothers.

TDH Mini Breastfeeding Courses

TBI Training

For midwives, child birth educators, breastfeeding mothers WIC staff and other professionals.

Train the Trainers, Peer Counselor Program TBI, HMHB Training

For breastfeeding educators who plan to train WIC mothers to become BF peer counselors. Issues related to breastfeeding counseling and establishing a peer counselor program.

Written Materials

Order Through La Leche League International, PO Box 4079, Schaumburg, IL 60168-4079.

The Breastfeeding Answer Book by Mohrabacher and Stock, for breastfeeding educators and peer counselors with information needed to help breastfeeding mothers.

The Womanly Art of Breastfeeding by La Leche League International, for BF peer counselors and breastfeeding mothers with information helpful for breastfeeding mothers regarding infant feeding and parenting.

Order Through Pharmasoft Medical Publishing, 1-800-378-1317 or 1-806-358-8138

Medications and Mothers' Milk, by Thomas Hale, Ph.D., for health care givers, breastfeeding counselors, with research findings about characteristics of medications and compatibility with breastfeeding.

Best Start Social Marketing, 1-800-277-4975.

Your New Life Teen parents. Two questions and answers on page 12 about substance use while pregnant.

TDH Warehouse using the AG-30 form

Eating for You... and a Healthy Baby Too English and Spanish for pregnant women about nutrition, drinking alcohol and over-consuming supplements while pregnant.

Staying Trim Without Tobacco Catalog#4-83, English only.

American Heart Association 1-800-242-8721.

Children and Smoking: A Message to Parents, for parents, describes why children start smoking and what parents can do. Pamphlet #51-1059 (CP).

Drugs Can Break Your Heart, for teenagers and adults about alcohol, cocaine, inhalants, marijuana, tobacco, I. V. drugs and their effects on the heart. Pamphlet# TA31. No Charge, Maximum order 200 per order.

American Lung Association, Contact Literature Department 12:30-4:30 PM, 1-800-252-5864.

I Quit Smoking Because.... I Love My Baby: Questions and Answers About Smoking And Pregnancy

March of Dimes, 1-512-477-3221.

Stop Smoking and Deje De Fumar

Pregnant? Before You Drink, Think...

The Health Connection, 1-800-548-8700.

Tobacco: Babies Under Attack Multiple problems from secondhand smoke or when the pregnant mother smokes. Reading level: 10th -12th grade.

Posters

National Clearinghouse for Alcohol Information, US Dept. Of Health and Human Services,

1-800-729-6686 English/Spanish

1-800-487-4889 TDD, for hearing impaired callers

"Inner Voice"

Native American AV 161

"My Baby Will Be Strong . . . Healthy"

African American AV 99.5

Materials from USDA

Can be ordered at no charge from

USDA/FCS/SFPD, 3101 Park Center Drive, Room 540, Alexandria VA, 22302. 1-703-305-2692

Videos

1991 *Lifelines: To Healthy Babies*, 16 minute video in English, about three pregnant women of different ethnicities, with low-incomes, who face choices about using harmful substances. Could be used for staff training. No specific lesson or Spanish counterpart available.

1995 *Sacred Trust: Protect Your Baby Against Fetal Alcohol Syndrome*, FCS-294. 14 minute video in English, about Native American and Alaskan Native women of child-bearing age and their partners who use WIC and other programs. Explains impact of Fetal Alcohol Syndrome, a birth defect caused when pregnant women drink alcohol. Individuals of various Native Nations present messages that encourage women to say “NO” to alcohol. Recommended for facilitated discussion with qualified nutritionist. No lesson available.

Written Materials

USDA/FCS/SFPD, 1-703-305-2746.

Pregnant? Drugs and Alcohol Can Hurt Your Unborn Baby, English and Spanish. Street drugs, alcohol and other substances during pregnancy. Program Aid Number 1464 and 1464 S.

Stop Smoking

Staff Training

1992 Providing Drug Abuse Information and Referrals in the WIC Program: A Local Agency Resource Manual To inform WIC staff about alcohol, other substances, and how to establish a referral system for local clinics. It also lists resources for printed and audio/visual materials for program participants. Each local agency received a copy of this manual in the summer of 1993.

1992 *The WIC Connection: Substance Use Information and Referral*, 31 minute, English video for WIC Staff about the role WIC plays in providing information to program participants about alcohol and other substances. It shows a group of WIC Competent Professional Authorities discussing effective techniques for handling problems that may arise when screening the WIC applicant.

Posters

1990 “Pregnant? Drugs and Alcohol Can Hurt Your Unborn Baby” P A # English 1469, Spanish 1469S